

# May 2015

Mon	Tue	Wed	Thurs	Fri
<b>Meal Sign-Up</b> Please remember to sign up for your meal by 12pm the day before you'd like to come. Thank-you!! 	<b>Summer Concerts Series</b> <i>Sponsored by The Friends of Granby's Elderly:</i> ~June 23rd ~July 21st ~August 18th Dufrense Park Pavillion 	<b>Mail vs Email</b> If you would prefer to receive your copy of the Center's monthly newsletter via email just let us know! 	<b>Knitted Donations</b>  We are still collecting handmade knitted items for the holiday craft fair that will be happening this holiday season!	<b>1 Cheese Lasagna</b> 9:00 Cribbage 9a-12p Veteran's Agent
<b>4 Chicken Tarragon</b> 10:00 Osteo Exercise 1:00 Tangle-Doodle	<b>5 Sloppy Joes</b> 12:00 Cinco de Mayo Party 12:30 Quilting/ Needle Work	<b>6 Roast Pork</b> 9:30 Tai Chi <b>11:00 Blue Ribbon Singers</b> 1:00 Fun Cards	<b>7 American Chop Suey</b> 9:00 Foot Care by Appt. 10:00 Osteo Exercise <b>12:30-1:30: Sen. Eric Lesser's office hours</b>	<b>8 Tuna Cold Plate</b> 9:00 Cribbage 9:00 Stamp Collectors Group <b>9:30 "My Life, My Health"</b> 9a-12p Veteran's Agent
<b>11 Chicken Filet / BBQ sauce</b> 10:00 Osteo Exercise <b>11:00 PorchLight VNA-Part 1</b> 1:00 Painting	<b>12 Spaghetti &amp; Meatballs</b> 10:30 BC /BS Presentation Birthday Celebration 12:30 Quilting/ Needle Work	<b>13 Meatloaf / Gravy</b> 9:30 Tai Chi 10:00 S.A.L.T Meeting 1:00 Fun Cards	<b>14 Chicken Scaloppini</b> 10:00 Osteo Exercise 11:30 Blood Pressure Clinic	<b>15 Fish Sticks</b> 9:00 Cribbage <b>9:30 "My Life, My Health"</b> 9a-12p Veteran's Agent
<b>18 Mac &amp; Cheese / Ground beef</b> 10:00 Osteo Exercise <b>11:00 PorchLight VNA-Part 2</b> 1:00 Tangle-Doodle	<b>19 Roasted Chicken</b> Brown Bag pick up After 11:00 a.m. 12:30 Quilting/ Needle Work	<b>20 Hot Dogs</b> 9:30 Tai Chi 9:15 C.O.A. Board Meeting <b>10:30 Mass Audubon Bird Presentation</b> 1:00 Fun Cards	<b>21 Pot Roast / Gravy</b> 9:00 Foot Care by Appt. 10:00 Osteo Exercise <b>10:00 Prescription Advantage presentation</b> <b>12:30: Travel Log~ France!</b>	<b>22 Chef Salad / Soup</b> 9:00 Cribbage 9:00 Stamp Collectors Group <b>9:30 "My Life, My Health"</b> 9a-12p Veteran's Agent
<b>25 No Meals served</b>  	<b>26 Chicken Ala King</b> 12:30 Quilting/ Needle Work	<b>27 Beef Burgundy</b> 9:30 Tai Chi 11:00 Dining Out w/ Kim Lunch Trip 1:00 Fun Cards	<b>28 Sausage peppers &amp; onions</b> 9:00 Newsletter Assembly 10:00 Osteo Exercise 11:30 Blood Pressure Clinic	<b>29 Roast Turkey / Gravy</b> 9:00 Cribbage <b>9:30 "My Life, My Health"</b> 9a-12p Veteran's Agent 1:00 Movie

# May Special Events

## Dining Out w/ Kim

On May 27, 2015 we are headed to The Hebert Arboretum with lunch @ the Highland restaurant in Pittsfield. Lunch cost is on your own and the van ride is \$5. There are only eight seats so make your reservation early by calling 467-3239. We will leave the Senior Center at 10:30 am.

When making your reservation let us know if you need to be picked up or if you will meet us here.

**\*\*We will not go unless the van is full.\*\***



5th @ 11:30 Cinco de Mayo lunch party.

6th @ 11:00 Blue Ribbon Singers.

7th @ 12:30 - 1:30 Sen Lesser Rep Mary Walsh office hrs.

8th @ 9:30 WMAS Presents C.D.M.P. 6 week program.

11th @ 11:00 Porchlight VNA program part 1.

12th @ 10:30 BlueCross BlueShield program.

14th @ 11:00 Trip to The Hebert Arboretum and Lunch.

18th @ 11:00 Porchlight VNA program part 2.

19th @ 11:00 Brown Bag pick up.

20th @ 10:00 Mass Audubon presentation.

21st @ 10:00 Prescripton Advantage presentation.

12:30 Travel Log presentation .

28th @ 9:00 Newsletter Assembly.

May's Movie : "Magic in the Moonlight " playing *May 29th* starting at 1:00 pm.

**Starring: Colin Firth, Emma Stone, Marcia Gay Harden.**

*Watch your movie in our soft and comfortable arm chairs.*

*Movie & Popcorn is always Free*



## "Let's Tangle-Doodle"

Granby Senior Center would like to invite you to learn a new art form.

This step by step, easy to learn method of art form enables the non-artist and artist talent alike. No artistic ability required!

Each tangle is drawn on art paper "tile" using just a pencil and a micron pen. Not limited to using paper, can be done on fabric, stone, etc.

Usually the tile size is 3 1/2 x 3 1/2 but certainly can be adjusted to the size to which one chooses to do their project on.

When: 1st & 3rd Monday of the month

Time: 1pm-3pm

Instructor : Darlene Benson



## JUST A REMINDER

**Your veteran's Agent John O'Connor is here every Friday from 9 am 12 pm**

**John can be reached @ 467-7108**

**South Hadley Office hours: 9 am –12 pm**

**Mon—Thurs phone is (413) 538-5015**

**Easthampton Office hours: 12:30 pm—5 pm**

**Mon—Thurs phone is (413) 529-1415**

**New changes in regulations have expanded eligibility for assistance. Make an appointment to see if you are eligible.**

**If your spouse was a vet you may be eligible for benefits.**



Thursday, May 7th

12:30pm-1:30pm

Mary Lee Walsh from

Senator Eric Lesser's office will be here.



**We've had a request to start up a dominos group.**

**Anyone interested in joining please call the Senior Center @ 467-3239 or email Kim at [kmyers@granby-ma.gov](mailto:kmyers@granby-ma.gov).**

**We can start a discussion about the best day and time for everyone!**

